



# NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

## PREVENTION AND PROTECTION START HERE

August 2016



## What's New in Public Health

Click the links below to discover the latest news and updates from NMCPHC!

### NMCPHC Updates

- [Preventive Health Toolbox](#)
- [Map Tomorrows Problems to Find a Solution Today](#)
- [Preventing Heat Related Injuries](#)
- [No Dips. No Butts. More Glory: Marine Corps Tobacco Free Living Fact Sheet](#)
- [Diabetes Champion Course Quick Hit](#)
- [Periodic Occupational and Environmental Monitoring Summary \(POEMS\)](#)
- [Public Health Products for Marines](#)

### Public Health in the News

- [Art Therapy Helps Marine Heal From Traumatic Brain Injury](#) – U.S. Department of Defense
- [Controlling a Formidable Adversary: Disease-Transmitting Aedes Mosquitoes](#) – Navy Medicine Live
- [Hospital Corpsman Receives Excellence in Service Award](#) – Navy.mil
- [Try a Weekly Dose of Nature to Boost Mental and Physical Health](#) – Forbes
- [Beating the Summer Heat: Work, Training, and Play](#) – Military.com

### NMCPHC Upcoming Training and Conferences

- 22 – 26 August: [DOEHRS – IH Training](#)
- 23 – 25 August: Public Health Risk Communication Training Course
- 29 August – 2 September: [DOEHRS – IH Training](#)

### NMCPHC Field Activity Education and Training

- [Navy Entomology Center of Excellence \(NECE\)](#)
- [NEPMU-2](#)
- [NEPMU-5](#)
- [NEPMU-6](#)
- [NEPMU-7](#)



# NMCPHC Updates

[Back to Table of Contents >>](#)

## Preventive Health Toolbox

Flossing once a day, eating the recommended number of servings from the five food groups, and sleeping for seven or more hours each night can provide a variety of health benefits and prevent illness. Yet, according to the 2015 Fleet and Marine Corps Health Risk Assessment Annual Report, 43 percent of Sailors and 54 percent of Marines do not floss regularly.<sup>1</sup> In regards to diet, among active duty Sailor respondents, 39 percent indicated they did not eat at least two servings of fruit a day and 37 percent reported they did not eat at least three servings of vegetables a day.<sup>1</sup> In addition, 40 percent of Sailors and 40 percent of Marines reported frequent consumption of high fat foods.<sup>1</sup> In this toolbox, we provide a variety of resources and tools for health information disseminators to educate Sailors, Marines, beneficiaries, retirees, and DoD civilians about the importance of these three preventive health practices in order to maintain optimal health and performance. [Click here to learn more >>](#)

<sup>1</sup>Navy Marine Corps Public Health Center EpiData Center Department. Fleet and Marine Corps Health Risk Assessment 2015.  
<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/2015-HRA-Report-TR-214-2016.pdf>.  
Prepared May 2016. Accessed June 2016.

## Map Tomorrow's Problems to Find a Solution Today

Each April, golf's greats gather at the Masters Golf Tournament in Augusta, Georgia to vie for the prestigious green jacket awarded the winner. Tidal waves of fans crash into the city to witness these titans tee off against each other. Proper planning helps local businesses shoulder the swelling population and demand for goods and services. Navy Medicine (NAVMED) West faced a similar situation when exploring the potential impact of moving a small stadium's worth of Sailors and family members to the San Diego area. As the experts in health analytics, they turned to us to project the impact this move would have on access to care, the personnel and family members, and the local area. We employed our powerful mapping capability to help visualize the different data points, such as housing, commute times, and common travel corridors, in the context of the local area. [Click here to learn more >>](#)

## Preventing Heat Related Injuries

With temperatures on the rise during the summer months, service members and their families become more susceptible to heat stress and related heat injuries. When you get too hot, you are at risk of falling ill with heat rash, heat cramps, heat exhaustion, heat stroke, and other heat related illnesses. Heat stress and heat related injuries contribute to loss in performance, efficiency, and a decrease in operational readiness. [Click here to learn more >>](#)

A group of Marines in green uniforms are running on a red track. The text "NMCPHC Updates" is overlaid in large white letters.

# NMCPHC Updates

[Back to Table of Contents >>](#)

## No Dips. No Butts. More Glory: Marine Corps Tobacco Free Living Fact Sheet

We want to help you win the battle. Tobacco fights dirty. It's a dangerous addiction that's expensive, deadly, and has a serious impact upon readiness. To help you win the battle to quit tobacco and stay tobacco free, the NMCPHC Health Promotion and Wellness Department and your local Semper Fit Health Promotion and Fitness Programs offer you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke and other types of tobacco products. [Click here to learn more >>](#)

## Diabetes Champion Course Quick Hit

The prevalence of diabetes is increasing, and along with it, the associated direct and indirect cost of diabetes care to the military health care system. The Air Force Diabetes Center of Excellence (AF DCOE) will be hosting their **Diabetes Champion Course on September 7-9, 2016**. The course is designed to provide diabetes educators and their team members a thorough understanding of diabetes management along with tips on how to implement, monitor, and evaluate the effectiveness of the Diabetes Clinical Practice Guidelines.

[Click here to learn more >>](#)

## Periodic Occupational and Environmental Monitoring Summary (POEMS)

The environmental surveillance data and the summaries of the associated health risks contained in the POEMS are population based assessments. OEH surveillance data do not reflect individual exposures and the resultant risk assessments are not predictive of any future health outcomes for an individual within the population at the site. Rather, the POEMS is a tool to assist clinicians in addressing patient concerns and in developing differential diagnoses and/or diagnostic procedures for observed health outcomes that they believe may be related to environmental exposure(s). [Click here to learn more >>](#)

## Public Health Products for Marines

NMCPHC strives to ensure the health, safety and wellbeing of Sailors and Marines in the environment where they work or live. While our resources are intended for both Sailors and Marines, we understand that some information is unique and of particular relevance to the Marine Corps population. [Click here to learn more >>](#)





# Public Health in the News

[Back to Table of Contents >>](#)

## Art Therapy Helps Marine Heal From Traumatic Brain Injury

<http://www.defense.gov/News-Article-View/Article/845087/art-therapy-helps-marine-heal-from-traumatic-brain-injury>

As each brushstroke touches the page, blending the shades and drawing out the lines, the Marine's shoulders relax. This is something he can lose himself in, pouring his thoughts and emotions into his art. For Marine Corps Staff Sgt. Tony Mannino, art and music therapy at the National Intrepid Center of Excellence in Bethesda, Maryland, is a way for him to recover from his traumatic brain injury and post-traumatic stress. [Click here to read more>>](#)

## Controlling a Formidable Adversary: Disease-Transmitting Aedes Mosquitoes

<http://navymedicine.navylive.dodlive.mil/archives/10607>

Navy Medicine released a mosquito awareness video for Sailors, Marines and their families, Prevention of mosquito-borne diseases plays an important role in the success of military operations. Re-emerging and emerging infectious diseases such as dengue, chikungunya and Zika virus are becoming increasingly more common in the Western Hemisphere. The primary vectors implicated in the spread of these viruses, *Aedes aegypti* (yellow fever mosquito) and *Aedes albopictus* (Asian tiger mosquito), occur commonly throughout a good portion of the U.S. and their distributions are expanding globally. On top of this, there are more than 100 major military installations in the U.S. within the range of these two *Aedes* species. Service members or travelers returning from regions where these viruses are prevalent increase the chance of local transmission if infected upon their return to the U.S. [Click here to read more>>](#)

## Hospital Corpsman Receives Excellence in Service Award

[http://www.navy.mil/submit/display.asp?story\\_id=95681](http://www.navy.mil/submit/display.asp?story_id=95681)

Hospital Corpsman 2nd Class Javier MorenoMartinez, a native of Lindsay, California, from Navy Environmental and Preventive Medicine Unit (NEPMU-5) was recognized for his selection as the 2016 League of United Latin American Citizens (LULAC) Excellence in Service Award, July 14. HM2 MorenoMartinez was presented the award during the 87th LULAC National Convention and Exposition, held in Washington, D.C. [Click here to read more>>](#)



[Back to Table of Contents >>](#)

## Try a Weekly Dose of Nature to Boost Mental and Physical Health

<http://www.forbes.com/sites/daviddisalvo/2016/07/25/try-a-weekly-dose-of-nature-to-boost-mental-and-physical-health/#261fd8bb3c9b>

Here's a prescription for physical and mental health benefits that just about anyone can do: Find the time to sit in a park, or a similarly scenic spot, for at least 30 minutes a week and do exactly that. Just sit and take it in, no smartphone, tablet or laptop required. That small amount of weekly greenspace time can reduce your chances of developing depression and high blood pressure, according to findings of a recent study involving 1,538 people living in Brisbane, Australia. [Click here to read more>>](#)

## Beating the Summer Heat: Work, Training, and Play

<http://www.military.com/military-fitness/general-fitness/beating-the-summer-heat-work-training-and-play>

Summer time is the time to be outside, but there are some days (many recently) that can be dangerous to your health and cause poor performance if you neglect some very basic steps to avoid overheating. If you work, train, or play sports outside, depending upon your location in the Northern Hemisphere, you are likely hot. To avoid overheating, heat exhaustion, or even heat stroke / death, you have to actively pursue heat recovery steps like the following. [Click here to read more>>](#)



# NMCPHC Upcoming Training & Conferences

[Back to Table of Contents >>](#)

## DOERHS – IH Training

August 22 – 26

Naval Branch Dental Clinic Norfolk, VA

August 29 – September 2

Naval Hospital Bremerton, WA

DOERHS – IH is a web-based application that is used to collect industrial hygiene survey information. This course is designed to teach Industrial Hygiene personnel, who will be actively entering data into the DOERHS-IH application, to maneuver and organize data within their Industrial Hygiene Program Office. There is no fee for this course. However, students and their commands are responsible for their own transportation, lodging, and per diem arrangements and expenses. [Click here to learn more>>](#)

## Public Health Risk Communication Training Course

August 23 – 25

Naval Medical Center Portsmouth, VA

Effective communication is critical in both health and environmental response situations such as disease and cancer clusters, pandemics, disastrous weather events, chemical releases, terrorist attacks, fires, and earthquakes. The Public Health Risk Communication Training Course is about communicating with any stakeholder, internal or external, in any situation that could impact the successful conduct and sustainment of your mission. The course includes both planning skills such as identifying and prioritizing stakeholders and developing an action plan as well as the communication skills required in dealing with stakeholders including supporters, straddlers and opponents.

This is a two-day, hands-on course (with an optional one-day media training workshop) brought to you by the Navy and Marine Corps Public Health Center, the Navy's center of excellence for risk communication. There are no registration fees to attend this workshop. For more information or to RSVP, please contact Mr. Bill Stover at [William.r.stover.civ@mail.mil](mailto:William.r.stover.civ@mail.mil)





# NMCPHC Field Activity Education & Training

[Back to Table of Contents >>](#)

## Navy Entomology Center of Excellence (NECE)

The Navy Entomology Center of Excellence offers training to DoD Pest Management Professionals to include Pesticide Applicator Certification (approved by the U.S. Environmental Protection Agency to satisfy federal training and certification requirements for pesticide applicators); DoD Pesticide Applicator Recertification; Operational Entomology Training (preparing preventive medicine personnel to establish a public health pest management program where none exists; and Shipboard Pest Management (we serve as the Navy Program Manager for Shipboard Pest Control). [Click here to learn more>>](#)

## NEPMU-2

NEPMU-2's education and training mission is to provide fleet and staff training, leadership, and management, to ensure that required professional certificates for occupational, environmental, and preventive medicine professionals throughout the Navy and Marine Corps are met.

[Click here to learn more>>](#)

## NEPMU-5

The mission of the Education and Training Department of NEPMU-5 is to provide external and internal education and training, ashore and afloat, while maintaining training logistical support for deploying FDPMU teams in support of operational commanders worldwide. Services offered: CANTRAC and specialized education & training in support of Navy military and civilian personnel assigned within this unit's AOR, ashore and afloat. [Click here to learn more>>](#)

## NEPMU-6

The Education and Training department of NEPMU-6 offers courses throughout the year including (but not limited to) Food Safety Manager's Course, Laboratory Identification of Malaria training, DoD Pesticide Applicator Certificate Refresher Course, Shipboard Pest Management training and Navy Ship Sanitation Certificate Program. [Click here to learn more>>](#)

## NEPMU-7

NEPMU-7 provides Force Health Protection courses throughout the year including (but not limited to) Operational Entomology Training, Shipboard Pest Management, and Food Safety Manager's/Supervisor's Course. [Click here to learn more>>](#)